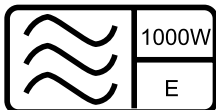
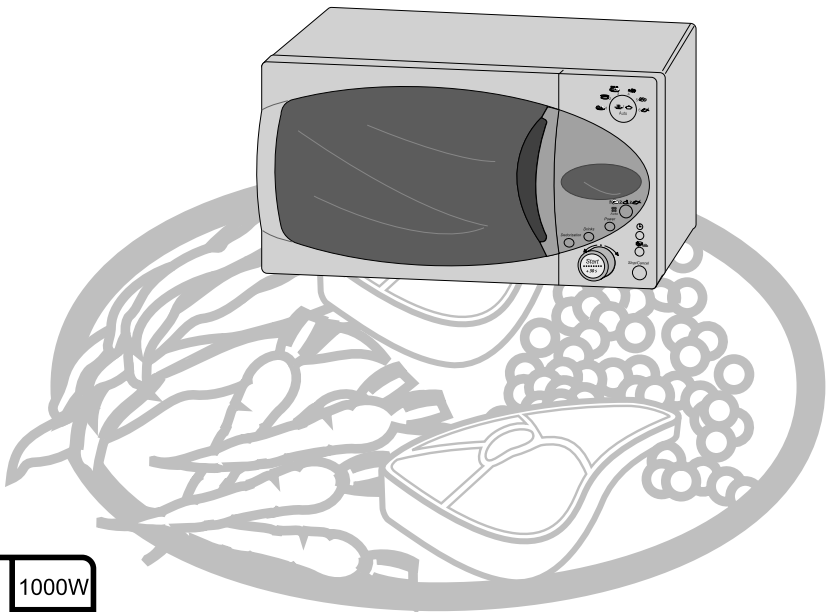




# MICROWAVE OVEN M1974 / M1914




## Owner's Instructions and Cooking Guide






Code No.:DE68-00243A

## Quick Look-up Guide (M1974)


### *If you want to cook some food*

- |   |  |
|---|--|
|  | <p>1 Place the food in the oven.<br/>Select the power level by pressing the <b>Power</b> button once or more times.</p>        |
|  | <p>2 Select the cooking time by turning the <b>dial knob</b> as required.</p>  |
|  | <p>3 Press the <b>Start</b> button.<br/><b>Result:</b> Cooking starts.<br/>The oven beeps four times when cooking is over.</p> |

### *If you want to defrost some food*

- |  |   |
|--|---|
|   | <p>1 Place the frozen food in the oven.<br/>Select the type of food by pressing the <b>Auto</b> (❄️🍴) button.</p> |
|   | <p>2 Select the weight by turning the <b>dial knob</b> as required.</p>   |
|  | <p>3 Press the <b>Start</b> button.</p>   |

### *If you want to add an extra minute*

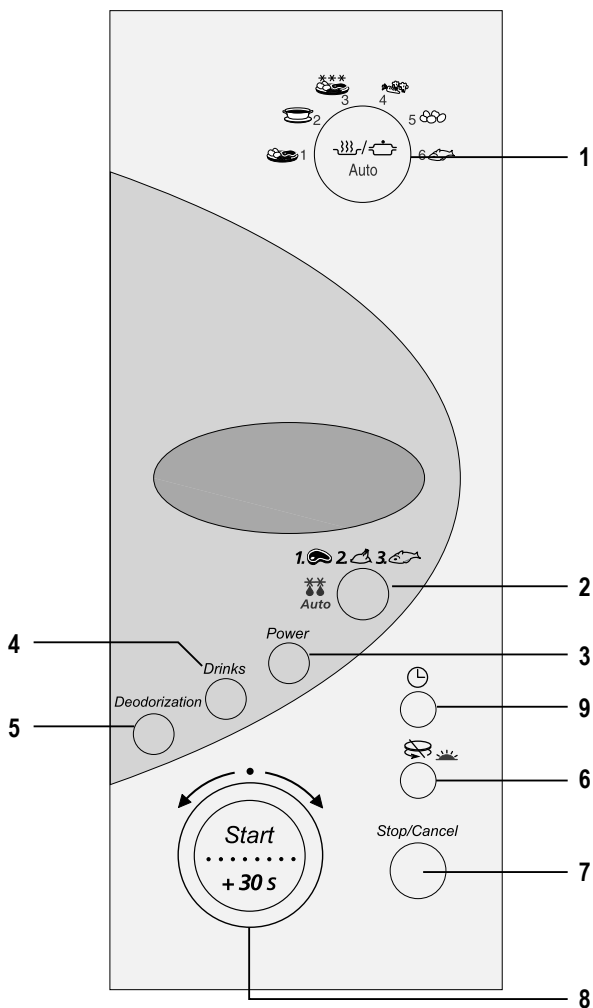
- |   |   |
|---|---|
|  | <p>1 Leave the food in the oven.<br/>Press <b>+30s</b> once or more times for each extra 30 seconds that you wish to add.</p> |
|---|---|

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# Control Panel (M1974)

GB



1. AUTO REHEAT/COOK SELECTION
2. AUTO DEFROST FEATURE SELECTION
3. POWER LEVEL SETTING
4. DRINKS BUTTON
5. DEODORIZATION BUTTON

6. TURNABLE ON/OFF
7. STOP/CANCEL BUTTON
8. START DIAL KNOB  
(Cook time, Weight and Serving dishes)
9. CLOCK SETTING

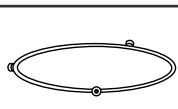
## Accessories

*Depending on the model that you have purchased, you are supplied with several accessories that can be used in a variety of ways.*



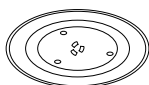
- 1** **Coupler**, already placed over the motor shaft in the base of the oven.

Purpose: The coupler rotates the turntable.



- 2** **Roller ring**, to be placed in the centre of the oven.

Purpose: The roller ring supports the turntable.



- 3** **Turntable**, to be placed on the roller ring with the centre fitting onto the coupler.

Purpose: The turntable serves as the main cooking surface; it can be easily removed for cleaning.



DO NOT operate the microwave oven without the roller ring and turntable.

# Safety Precautions

*Before cooking food or liquids in your microwave oven, please check that the following safety precautions are taken.*

1. **DO NOT** use any metallic cookware in the microwave oven:

- ◆ Metallic containers
- ◆ Dinnerware with gold or silver trimmings
- ◆ Skewers, forks, etc.

**Reason:** Electric arcing or sparking may occur and may damage the oven.

2. **DO NOT** heat:

- ◆ Airtight or vacuum-sealed bottles, jars, containers  
Ex) Baby food jars
- ◆ Airtight food.  
Ex) Eggs, nuts in shells, tomatoes

**Reason:** The increase in pressure may cause them to explode.

**Tip:** Remove lids and pierce skins, bags, etc.

3. **DO NOT** operate the microwave oven when it is empty.

**Reason:** The oven walls may be damaged.

**Tip:** Leave a glass of water inside the oven at all times.

The water will absorb the microwaves if you accidentally set the oven going when it is empty.

4. **DO NOT** cover the rear ventilation slots with cloths or paper.

**Reason:** The cloths or paper may catch fire as hot air is evacuated from the oven.

5. **ALWAYS** use oven gloves when removing a dish from the oven.

**Reason:** Some dishes absorb microwaves and heat is always transferred from the food to the dish. The dishes are therefore hot.

6. **DO NOT** touch heating elements or interior oven walls.

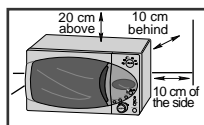
**Reason:** These walls may be hot enough to burn even after cooking has finished, although they do not appear to be so. Do not allow inflammable materials to come into contact with any interior area of the oven. Let the oven cool down first.

7. To reduce the risk of fire in the oven cavity:

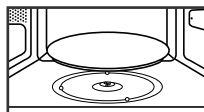
- ◆ Do not store flammable materials in the oven
- ◆ Remove wire twist ties from paper or plastic bags
- ◆ Do not use your microwave oven to dry newspapers
- ◆ If smoke is observed, keep the oven door closed and switch off or disconnect the oven from the power supply

## Installing Your Microwave oven

**Place the oven on a flat, level surface strong enough to safely bear the weight of the oven.**



- 1 When you install your oven, Make sure there is adequate ventilation for your oven by leaving at least 10 cm (4 inches) of space behind, on the sides of the oven and 20 cm (8 inches) of above.



- 2 Remove all packing materials inside the oven.  
Install the roller ring and turntable.  
Check that the turntable rotates freely.

- \* **Never** block the air vents as the oven may overheat and automatically switch itself off. It will remain inoperable until it has cooled sufficiently.
- \* For your personal safety, plug the cable into a 3-pin, 230 Volt, 50Hz, AC earthed socket. If the power cable of this appliance is damaged, it must be replaced by a special cable PENCON(UD13A1).
- \* **Do not** install the microwave oven in hot or damp surroundings like next to a traditional oven or radiator. The power supply specifications of the oven must be respected and any extension cable used must be of the same standard as the power cable supplied with the oven. Wipe the interior and the door seal with a damp cloth before using your microwave oven for the first time.

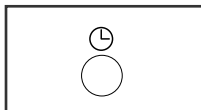
## Setting the Time (M1974)

**Your microwave oven has an inbuilt clock. The time can be displayed in either the 24-hour or 12-hour notation. You must set the clock:**

- ◆ **When you first install your microwave oven**
- ◆ **After a power failure**



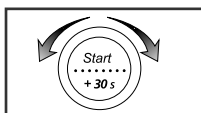
Do not forget to reset the clock when you switch to and from summer and winter time.



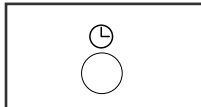
- 1 To display the time in the... Then press the button...

24-hour notation  
12-hour notation

Once  
Twice



- 2 Turn the **dial knob** to set hour.



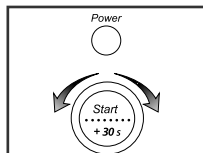
- 3 Press the button.

# Checking that Your Oven is Operating Correctly

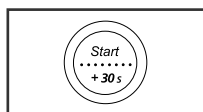
*The following simple procedure enables you to check that your oven is working correctly at all times.*

**First, place a bowl of water on the turntable.**

## Model : M1974

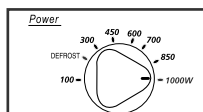


- 1 Press the **Power** button and set the time to 4-5 minutes by turning the **dial knob** as required.

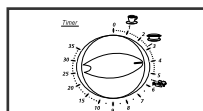


- 2 Press **Start** button.  
Result: The oven heats the water for 4 to 5 minutes.  
The water should then be boiling.

## Model : M1914



- 1 Set the power level to maximum by turning **COOKING POWER CONTROL** knob.



- 2 Set the time 4 to 5 minutes by turning the **TIMER** knob.  
The water should then be boiling.



The oven must be plugged into an appropriate wall socket. The turntable must be in position in the oven. If a power level other than the maximum is used, the water takes longer to boil.

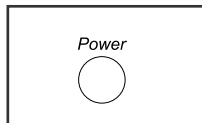


## Cooking / Reheating

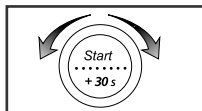
*The following procedure explains how to cook or reheat food.  
ALWAYS check your cooking settings before leaving the oven unattended.*

*Open the oven door by pulling the handle on the right side of the door.  
Place a glass of water on the turntable. Close the door.*

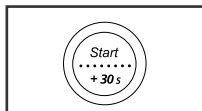
### Model : M1974



- 1 Press the **Power** button.  
Result: The 1000W (maximum cooking power) indications are displayed:  
Select the appropriate power level by pressing the **Power** button again until the corresponding wattage is displayed. Refer to the power level table on the next page.



- 2 Set the cooking time by turning the **dial knob** as required.



- 3 Press the **Start** button.  
Result: The oven light comes on and the turntable starts rotating.  
Cooking starts and when it has finished the oven beeps four times.

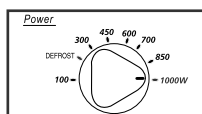


**Never** switch the microwave oven on when it is empty.

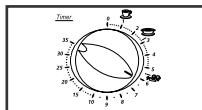


If you wish to heat a dish for a short period of time at maximum power(1000W), simply press the **+30s** button once for each 30 seconds of cooking time. The oven starts immediately.

### Model : M1914



- 1 Set the power level to maximum by turning **COOKING POWER CONTROL** knob.  
(**MAXIMUM POWER : 1000 W**)



- 2 Set the time by turning **TIMER** knob.  
Result: The oven light comes on and the turntable starts rotating.



**Never** switch the microwave oven on when it is empty.

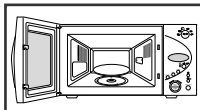


You can change the power level during cooking by turning the **COOKING POWER CONTROL** knob.

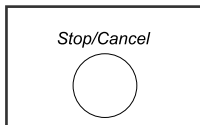
## Stopping the Cooking

*You can stop cooking at any time to check the food.*

### Model : M1974



- 1 To stop temporarily;  
Open the door.  
Result: Cooking stops. To resume cooking, close the door and press **Start** again.

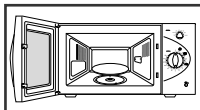


- 2 To stop Completely;  
Press the **Stop/Cancel** button.  
Result: The cooking stops.  
If you wish to cancel the cooking settings, press the **Stop/Cancel** button.

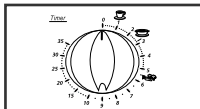


You can cancel any setting before starting cooking by simply pressing **Stop/Cancel**.

### Model : M1914



- 1 To stop temporarily;  
Open the door.  
Result: Cooking stops. To resume cooking, close the door.



- 2 To stop Completely;  
Turn the **TIMER** knob to "0".

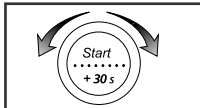
## Adjusting the Cooking Time

### Model : M1974

*You can increase the cooking time by pressing the **+30s** button once for each 30 seconds to be added.*

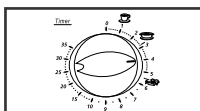


Press the **+30s** button once for each 30 seconds to be added.



During the cooking, to increase or decrease the cooking time of your food, turn the **dial knob** right or left.







### Model : M1914



Adjust the remaining cooking time by rotating the **TIMER** knob

## Auto Reheat / Cook Settings(M1974)

The following table presents the various Auto Reheat & Cook Programmes, quantities, standing times and appropriate recommendations.

Button	Food	Serving Size	Standing Time	Recommendations
	<b>Ready Meal</b> Chilled	300-350 g 400-450 g 500-550 g	3 mins	Put the meal on a ceramic plate and cover it with microwave cling film. This programme is suitable for the meals consisting of 3 components e.g. meat with sauce, vegetables and side dishes like potatoes, rice or pasta.
	<b>Soup/Sauce</b> Chilled	200 - 250 ml 300 - 350 ml 400 - 450 ml 500 - 550 ml 600 - 650 ml	2-3 mins	Pour the soup/sauce into a deep ceramic soup plate or bowl and cover during heating and standing time. Stir before and after standing time.
	<b>Frozen meal / Frozen dinner</b> (Pasta dishes like lasagne)	300 g 400 g 500 g 600 g 700 g 800 g	3 mins	Take the frozen meal out of the packaging and place it into a flat glass pyrex container. Cover with microwave-suitable cling film and place the dish on the turntable.
	<b>Fresh Vegetables</b>	200 - 250 g 300 - 350 g 400 - 450 g 500 - 550 g 600 - 650 g 700 - 750 g	3 mins	Weigh the vegetables after washing, cleaning and cutting into a similar size. Put them into a glass bowl with lid. Add 45 ml (3 tablespoons) water when cooking 200-450 g, add 60 ml (4 tablespoons) for 500-650 g and add 75 ml (5 tablespoons) for 700-750 g. Stir after cooking. (When cooking bigger quantities, stir once during cooking.)
	<b>Boiled Potatoes / Peeled Potatoes</b>	200 - 250 g 300 - 350 g 400 - 450 g 500 - 550 g 600 - 650 g 700 - 750 g	3 mins	Weigh the potatoes after peeling, washing and cutting into a similar size. Put them into a glass bowl with lid. Add 45 ml (3 tablespoons) water when cooking 300-450 g, add 60 ml (4 tablespoons) for 500-650 g and add 75 ml (5 tablespoons) for 700-750 g.
	<b>Fresh Fish</b>	200 - 250 g 300 - 350 g 400 - 450 g 500 - 550 g 600 - 650 g 700 - 750 g	3 mins	Rinse with water and sprinkle with lemon juice. Use a microwave suitable glass or ceramic dish. Lay whole fishes head to tail. Cover with microwave cling film during heating and standing time.


## Using the Auto Defrost Feature (M1974)


*The Auto Defrost feature enables you to defrost meat, poultry or fish.  
The defrost time and power level are set automatically.  
You simply select the programme and the weight.*

➤ Use only dishes that are microwave-safe.

**First, place the frozen food in the centre of the turntable and close the door.**



**1** Press the **Auto** (  ) button.

Press the **Auto** (  ) button one or more times according to the type of food to be defrosted. Refer to the table on the opposite page for further details.



**2** Select the food weight by turning the **dial knob**.



**3** Press **Start** button.

Result:

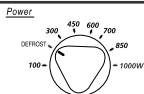
- ◆ Defrosting begins.
- ◆ The oven beeps halfway through defrosting to remind you to turn the food over.
- ◆ Press **Start** again to finish defrosting

➤ You can also defrost food manually. To do so, select the microwave cooking/reheating function with a power level of 180W. Refer to the section entitled "Cooking/Reheating" on page 16 for further details.

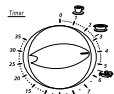
## Manual Defrosting Food (M1914)

*The Defrost feature enables you to defrost meat, poultry or fish.*

**First, place the frozen food in the centre of the turntable and close the door.**



**1** Turn the **COOKING POWER CONTROL** knob to **Defrost**.



**2** Turn the **TIMER** knob to select the appropriate time.

Result: Defrosting begins.

➤ Use only recipients that are microwave-safe.

## Using the Deodorization Feature (M1974)

*Use this feature after cooking odorous food or when there is a lot of smoke in the oven interior.*

**First clean the oven interior.**

Deodorization



- 1 Press the **Deodorization** button at the end, you will hear four beeps.



- The deodorization time has been specified to 5 minutes. It increases by 30 seconds whenever the **+30s** button is pressed.
- You can also adjust deodorization time by turning the dial knob right or left.
- The maximum deodorization time is 15 minutes.

## Manual Stop Turntable Function

*The turntable on/off (☞) button enables you to use large dishes which fill the whole oven by stopping the turntable from rotating (only manual cooking mode).*



The results will be less satisfactory in this case as the cooking is less even. We recommend that you turn the dish by hand halfway through the cooking process.



**Warning !** Never operate the turntable without food in the oven.

Reason : This may cause fire or damage to the unit.

**Model : M1974**



- 1 Press the **Turntable on/off** (☞) button.

Result: The turntable will not rotate.



- 2 To switch the turntable rotating back on, Press the **Turntable on/off** (☞) button again.

Result: The turntable will rotate.



- Don't press **Turntable on/off** (☞) button during cooking process.
- Turntable would not rotate when the button light "ON".

**Model : M1914**



- 1 Press the **Turntable on/off** (☞) button.

Result: If the turntable button can be pressed, it will rotate.  
If the turntable button pop, it will not rotate.



- Don't press **Turntable on/off** (☞) button during cooking process.

## Cookware Guide

*To cook food in the microwave oven, the microwaves must be able to penetrate the food, without being reflected or absorbed by the dish used.*

*Care must therefore be taken when choosing the cookware. If the cookware is marked microwave-safe, you do not need to worry.*

*The following table lists various types of cookware and indicates whether and how they should be used in a microwave oven.*

Cookware	Microwave-Safe	Comments
Aluminium foil	✓ X	Can be used in small quantities to protect areas against overcooking. Arcing can occur if the foil is too close to the oven wall or if too much foil is used.
Browning plate	✓	Do not preheat for more than eight minutes.
China and earthenware	✓	Porcelain, pottery, glazed earthenware and bone china are usually suitable, unless decorated with a metal trim.
Disposable polyester cardboard dishes	✓	Some frozen foods are packaged in these dishes.
Fast-food packaging <ul style="list-style-type: none"> <li>Polystyrene cups</li> <li>Paper bags or newspaper</li> <li>Recycled paper or metal trims</li> </ul>	✓ X X	Can be used to warm food. Overheating may cause the polystyrene to melt. May catch fire. May cause arcing.
Glassware <ul style="list-style-type: none"> <li>Oven-to-table ware</li> <li>Fine glassware</li> <li>Glass jars</li> </ul>	✓ ✓ ✓	Can be used, unless decorated with a metal trim. Can be used to warm foods or liquids. Delicate glass may break or crack if heated suddenly. Must remove the lid. Suitable for warming only.
Metal <ul style="list-style-type: none"> <li>Dishes</li> <li>Freezer bag twist ties</li> </ul>	X X	May cause arcing or fire.
Paper <ul style="list-style-type: none"> <li>Plates, cups, napkins and Kitchen paper</li> <li>Recycled paper</li> </ul>	✓ X	For short cooking times and warming. Also to absorb excess moisture. May cause arcing.
Plastic <ul style="list-style-type: none"> <li>Containers</li> <li>Cling film</li> <li>Freezer bags</li> </ul>	✓ ✓ ✓ X	Particularly if heat-resistant thermoplastic. Some other plastics may warp or discolour at high temperatures. Do not use Melamine plastic. Can be used to retain moisture. Should not touch the food. Take care when removing the film as hot steam will escape. Only if boilable or oven-proof. Should not be airtight. Prick with a fork, if necessary.
Wax or grease-proof paper	✓	Can be used to retain moisture and prevent spattering.

# Cooking Guide

## Cooking Guide for fresh vegetables

Use a suitable glass pyrex bowl with lid. Add 30-45 ml cold water (2-3 tbsp.) for every 250 g unless another water quantity is recommended - see table. Cook covered for the minimum time - see table. Continue cooking to get the result you prefer. Stir once during and once after cooking. Add salt, herbs or butter after cooking. Cover during a standing time of 3 minutes.

Hint: Cut the fresh vegetables into even sized pieces. The smaller they are cut, the quicker they will cook.

**All fresh vegetables should be cooked using full microwave power (1000W).**

Food	Portion	Time (min.)	Standing Time (min.)	Instructions
Broccoli	250 g 500 g	4-4½ 7½-8	3	Prepare even sized florets. Arrange the stems to the centre.
Brussels Sprouts	250 g	6-6½	3	Add 60-75 ml (5-6 tbsp.) water.
Carrots	250 g	4½-5	3	Cut carrots into even sized slices.
Cauliflower	250 g 500 g	5-5½ 8-8½	3	Prepare even sized florets. Cut big florets into halves. Arrange stems to the centre.
Courgettes	250 g	4-4½	3	Cut courgettes into slices. Add 30 ml (2 tbsp.) water or a knob of butter. Cook until just tender.
Egg Plants	250 g	3-3½	3	Cut egg plants into small slices and sprinkle with 1 tablespoon lemon juice.
Leeks	250 g	4-4½	3	Cut leeks into thick slices.
Mushrooms	125 g 250 g	1½-2 2½-3	3	Prepare small whole or sliced mushrooms. Do not add any water. Sprinkle with lemon juice. Spice with salt and pepper. Drain before serving.
Onions	250 g	4½-5	3	Cut onions into slices or halves. Add only 15 ml (1 tbsp.) water.
Pepper	250 g	4-4½	3	Cut pepper into small slices.
Potatoes	250 g 500 g	4½-5½ 7½-8½	3	Weigh the peeled potatoes and cut them into similar sized halves or quarters.
Turnip Cabbage	250 g	5-5½	3	Cut turnip cabbage into small cubes.

# Cooking Guide

## REHEATING

Your microwave oven will reheat food in a fraction of the time that conventional ovens and hobs normally take.

Use the power levels and reheating times in the following chart as a guide. The times in the chart consider liquids with a room temperature of about +18 to +20°C or a chilled food with a temperature of about +5 to +7°C.

### Arranging and covering

Avoid reheating large items such as joint of meat - they tend to overcook and dry out before the centre is piping hot. Reheating small pieces will be more successful.

### Power levels and stirring

Some foods can be reheated using 1000 W power while others should be reheated using 850W, 600 W, 450 W or even 300 W.

Check the tables for guidance. In general, it is better to reheat food using a lower power level, if the food is delicate, in large quantities, or if it is likely to heat up very quickly (mince pies, for example).

Stir well or turn food over during reheating for best results. When possible, stir again before serving.

Take particular care when heating liquids and baby foods. To prevent eruptive boiling of liquids and possible scalding, stir before, during and after heating. Keep them in the microwave oven during standing time. We recommend putting a plastic spoon or glass stick into the liquids. Avoid overheating (and therefore spoiling) the food.

It is preferable to underestimate cooking time and add extra heating time, if necessary.

### Heating and standing times

When reheating food for the first time, it is helpful to make a note of the time taken - for future reference.

Always make sure that the reheated food is piping hot throughout.

Allow food to stand for a short time after reheating - to let the temperature even out. The recommended standing time after reheating is 2-4 minutes, unless another time is recommended in the chart..

Take particular care when heating liquids and baby food. See also the chapter with the safety precautions.

## REHEATING LIQUIDS

Always allow a standing time of at least 20 seconds after the oven has been switched off to allow the temperature to even out. Stir during heating, if necessary, and ALWAYS stir after heating. To prevent eruptive boiling and possible scalding, you should put a spoon or glass stick into the beverages and stir before, during and after heating.

## REHEATING BABY FOOD

**BABY FOOD:** Empty into a deep ceramic plate. Cover with plastic lid. Stir well after reheating! Let stand for 2-3 minutes before serving. Stir again and check the temperature. Recommended serving temperature: between 30-40°C.

**BABY MILK:** Pour milk into a sterilised glass bottle. Reheat uncovered. Never heat a baby's bottle with teat on, as the bottle may explode if overheated. Shake well before standing time and again before serving ! Always carefully check the temperature of baby milk or food before giving it to the baby. Recommended serving temperature: ca. 37°C.

### REMARK:

Baby food particularly needs to be checked carefully before serving to prevent burns. Use the power levels and times in the next table as a guide lines for reheating. The times in the chart consider baby milk and food with a room temperature of about +18°C to +20°C.



## Cooking Guide

### Reheating Frozen Food

Use the power levels and times in this table as guide lines for reheating.

Food	Portion	Power	Time (min)	Standing Time (min.)	Instructions
Pasta (frozen)	400 g	600 W	15 - 17	3	Put frozen pasta, for example tortellini or ravioli in a flat glass pyrex dish. Cover with plastic lid. Stir occasionally during cooking and before standing.
Meat pieces in sauce (frozen)	450 g	600 W	14 - 16	3	Put frozen meal (e.g. chicken curry) in a flat glass dish and cover. Stir occasionally during cooking and before standing.
Soup (frozen)	500 g	850 W	12 - 14	3	Put frozen soup in a suitable sized glass pyrex dish with lid. Cook covered. Stir occasionally during cooking and before standing.
Yeast Dumpling (frozen)	150 g 300 g	600 W	2 - 3 3 - 4	3	Put 2-4 frozen yeast dumplings side by side in a big glass pyrex bowl with lid. Moist the top of dumplings with cold water. Cook covered.

### Reheating Baby Food and Milk

Use the power levels and times in this table as guide lines for reheating.

Food	Portion	Power	Time	Standing Time (min.)	Instructions
Baby food (vegetables + meat)	190 g	600 W	30 sec.	2 - 3	Empty into ceramic deep plate. Cook covered. Stir after cooking time. Stand for 2-3 minutes. Before serving, stir well and check the temperature carefully.
Baby porridge (grain + milk + fruit)	190 g	600 W	20 sec.	2 - 3	Empty into ceramic deep plate. Cook covered. Stir after cooking time. Stand for 2-3 minutes. Before serving, stir well and check the temperature carefully.
Baby milk	100 ml 200 ml	300 W	30-40 sec. 1 min 10sec- 1 min 20sec	2 - 3	Stir or shake well and pour into a sterilised glass bottle. Place into the centre of turn-table. Cook uncovered. Shake well and stand for at least 2 minutes. Before serving, shake well and check the temperature carefully.

## Cooking Guide

### **SPECIAL HINTS**

#### **MELTING BUTTER**

Put 50 g butter into a small deep glass dish. Cover with plastic lid.  
Heat for 30-40 seconds using 1000 W, until butter is melted.

#### **MELTING CHOCOLATE**

Put 100 g chocolate into a small deep glass dish.  
Heat for 3-5 minutes, using 450W until chocolate is melted.  
Stir once or twice during melting. Use oven gloves while taking out!

#### **MELTING CRYSTALLIZED HONEY**

Put 20 g crystallized honey into a small deep glass dish.  
Heat for 20-30 seconds using 300 W, until honey is melted.

#### **MELTING GELATINE**

Lay dry gelatine sheets (10 g) for 5 minutes into cold water.  
Put drained gelatine into a small glass pyrex bowl.  
Heat for 1 minute using 300 W.  
Stir after melting.

#### **COOKING GLAZE/ICING (FOR CAKE AND GATEAUX)**

Mix instant glaze (approximately 14 g) with 40 g sugar and 250 ml cold water.  
Cook uncovered in a glass pyrex bowl for 3 1/2 to 4 1/2 minutes using 1000 W,  
until glaze/icing is transparent. Stir twice during cooking.

#### **COOKING JAM**

Put 600 g fruits (for example mixed berries) in a suitable sized glass  
pyrex bowl with lid. Add 300 g preserving sugar and stir well.  
Cook covered for 10-12 minutes using 1000 W.  
Stir several times during cooking. Empty directly into small jam  
glasses with twist-off lids. Stand on lid for 5 minutes.

#### **COOKING PUDDING**

Mix pudding powder with sugar and milk (500 ml) by following the  
manufacturers instructions and stir well. Use a suitable sized glass pyrex  
bowl with lid. Cook covered for 6 1/2 to 7 1/2 minutes using 1000 W.  
Stir several times well during cooking.

#### **BROWNING ALMOND SLICES**

Spread 30 g sliced almonds evenly on a medium sized ceramic plate.  
Stir several times during browning for 3 1/2 to 4 1/2 minutes using 600 W.  
Let it stand for 2-3 minutes in the oven. Use oven gloves while taking out!

## Storing and Repairing Your Microwave Oven

*A few simple precautions should be taken when storing or having your microwave oven serviced.*

*The oven must not be used if the door or door seals are damaged:*

- *Broken hinge*
- *Deteriorated seals*
- *Distorted or bent oven casing*

*Only a qualified microwave service technician should perform repair*



**NEVER** remove the outer casing from the oven. If the oven is faulty and needs servicing or you are in doubt about its condition:

- Unplug it from the wall socket
- Contact the nearest after-sales service centre



If you wish to store your oven away temporarily, choose a dry, dust-free place.

**Reason:** Dust and damp may adversely affect the working parts in the oven.



This microwave oven is not intended for commercial use.

## Cooking Instructions On Food Packaging

### Microwave Symbols

On the front of your oven there is a microwave oven symbol, as shown below. This symbol has been introduced for your benefit when cooking or reheating packaged food.



Packaged food is also, increasingly, using a microwave symbol similar to the one below. When you see this



Symbol on food packaging, the cooking instructions are based on either the IEC Power Output Rating, or the Reheating Categories A, B, C, D or E.

## Cooking Instructions

The IEC Power Output rating is an internationally standardised rating, so all microwave manufacturers now use the same method of measuring power output.

If food packaging gives cooking instructions based on IEC Power ratings, set cooking times according to the IEC Power of your oven.

For example :

If the cooking instructions are based on a 650W oven, then you will need to reduce some cooking time for the M1974/M1914 (1000W)

Ready meals are now very convenient and popular. These are meals which are already prepared and cooked by the food manufacturer, and then frozen, chilled or vacuum sealed for long life.

Increasingly, heating times for such ready meals are being based on the Heating Categories A, B, C, D and E.

On this instance, simply match the heating category of your oven to the instructions on the food package, and set your timer accordingly.

For example :

If the heating instructions are 3 minutes on HIGH for a D category oven, then you will need to set your timer for less than 3 minutes on HIGH for the M1974/M1914 (E category).



Always remember that cooking instructions are intended only as a guide. If you have followed the instructions and the food is still not piping hot throughout, simply return it to the oven and cook it until it is.

